

双语

精华版

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# 心灵鸡汤

[人生系列]

过程是金

我们想要的结果，取决于我们对待过程的态度  
以及置身其中的方式。

*Pathways for Enriching Your Life*

Jack Canfield & Mark Victor Hansen 等 著

许俊农 译

# Chicken Soup for the Soul

安徽科学技术出版社

Health Communications, Inc.

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许俊农 译

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*Pathways for Enriching Your Life*

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Chicken  
Soup for the  
Soul



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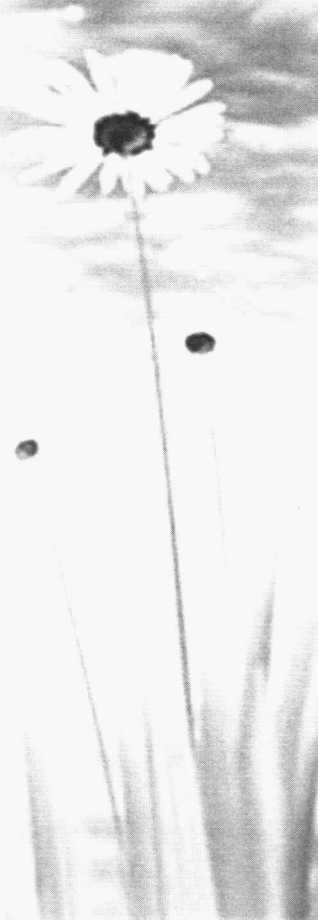
作为原生于美国的大众心理自助与人生励志类的闪亮品牌,《心灵鸡汤》语言地道新颖,优美流畅,极富时代感。书中一个个叩人心扉的故事,充分挖掘平凡小事所蕴藏的精神力量 and 人性之美,真率倾诉对生命的全新体验和深层感悟,字里行间洋溢着爱心、感恩、信念、鼓励 and 希望。因其内涵哲思深邃,豁然释然,央视“百家讲坛”曾引用其作为解读援例。

文本适读性与亲和力、故事的吸引力和感召力、内涵的人文性和震撼力,煲出了鲜香润泽的《心灵鸡汤》——发行40多个国家和地区,总销量达一亿多册的全球超级畅销书!

安徽科学技术出版社独家引进的该系列英文版,深得广大读者的推崇与青睐,频登各大书店及“开卷市场零售监测系统”的畅销书排行榜,多次荣获全国出版发行业的各类奖项。

就学英语而言,本系列读物的功效已获广大读者乃至英语教学界的充分肯定。由于书中文章的信度和效度完全符合大规模标准化考试对考题的质量要求,全国大学英语四级考试、全国成人高考的阅读理解真题曾采用其中的文章。大学英语通用教材曾采用其中的文章作为精读课文。

为了让更多读者受惠于这一品牌,我社又获国内独家授权,隆重推出双语精华版《心灵鸡汤》系列:英汉美文并蓄、双语同一视面对照——广大读者既能在轻松阅读中提高英语水平,又能从中感悟人生的真谛,激发你搏击风雨、奋发向上的生命激情!



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## A Wish Seed 希望的种子

*Nothing lasts forever—not even your troubles.*

Arnold Glasow

风云难测,旦夕祸福。

阿诺德·格拉索

Everything was going wrong.

The very day I got off crutches from a knee injury, my teenage son arrived home from camp, on crutches, with a knee injury. He was in agony and needed surgery. We had no insurance.

The previous week our new car had proved a lemon, so I had returned it and reluctantly financed a larger model. On the drive home from the dealership, a rock thrown up by the wheels shattered the windshield.

一切都要乱套了。

那天,我膝盖伤刚愈,能扔掉双拐行走。恰在此时,我上高中的大儿子也摔伤了膝盖,拄着拐杖从营地回来。他非常痛苦,急需手术,可我们家没买保险。

一周前我们发现我们的新车竟然是次品,所以我把它退还了回去,只好咬牙换了一辆大号的。从经销商往回开的路上,车轮打滑卷起一大石块,砸碎了挡风玻璃。

人生系列 / 过程是金





That day's mail held a cheerful letter from the IRS telling me I owed almost twenty thousand dollars in capital gains taxes from a house my ex-husband and I sold two years back. At that time, I was home-schooling the four youngest children, barely surviving on my freelance writing income and wading through the district attorney's paperwork to collect child support.

My world was eroding from under me in a series of small avalanches. It didn't take long before I was envisioning the IRS seizing our current home, leaving five children and me homeless. That car would be pretty small for all of us to live in! Maybe we could buy a little trailer. What about the four cats and two dogs? Would I have to tell the children to find homes for their pets?

Immediately we put the house on the market. Maybe it would sell quickly. In desperation, I began running ads for everything we had of value. Our furniture, freezer, greenhouse and my wedding ring sold quickly. Then we began regular runs to the local Goodwill truck to drop off anything and everything we could live without and to hunt for boxes.

In between, we made trips to the offices of orthopedic surgeons and pharmacies, and watched Robin grimace with every movement.

Our lives became a grim sequence of sorting, boxing and cleaning. We spent time praying that the real estate agent would produce a miracle quickly.

As the proverbial straws piled up, I noted guiltily that I grew more snappy, stressed and curt toward my children. Unfortunately, the guilt only added to my frustrations, and I spent longer periods hiding in the shower, crying.

One day, during a brief break at the park, the littlest child, Larkin, bounced over to bring me a wish seed, the downy thistle seed that

也是在这一天里，国税署送来了一张让人哭笑不得的催税单，说我和前夫两年前卖出的房子，需要再补交2万元资本收益税。4个小一点的孩子没有送去学校，我在家教他们。平时我只能靠自由撰稿维持着拮据的生活，或帮当地律师事务所打理文件贴补一下孩子的费用。

但我的平静的生活被这接二连三的刺激搅得支离破碎。我眼睁睁看着国税署没收了我的住所做抵押。于是我和5个孩子有家不能归。那辆小车要容纳我们5个人的生活起居实在是太小。或许我们要买一小拖车，因为我家养的4只猫和2条狗无处安身。难道我只有让孩子们为他们的宠物找一个新家吗？

我们的房子要出售，估计很快就会有人把它买下。但令人绝望的是：为了变卖家中的有价物我四处贴告示。我们的家具，包括冰柜、温室，还有我的结婚戒指，都一一变卖了。接着我们不断把带不走的用品送到当地“良友”搬运公司丢弃，或找来箱子来打包。

同时，我们还要去医院的整形外科看护罗宾。只见他每挪一步，都要忍受疼痛的煎熬。

一时间，我们每天的生活严格按照下列工序：分类、打包和整理。我们祈盼房地产商创造奇迹。

随着问题纷至沓来，我对孩子们越来越烦躁不安，越来越刻薄，想起来感到内疚。不幸的是，这种愧疚加重了我的沮丧，我只能久久地藏在浴室哭泣。

一天，我在公园里小憩。最小的儿子拉尔金连蹦带跳地飞跑过来，手里带着一粒许愿的种子，这本是一粒毛茸茸的蓟种子。孩子们





children wish upon and blow away. According to the myth, if the seed travels far enough (the exact distance being unknown), the wish will come true. Half-heartedly, I took the seed and prayed silently to God for serenity, patience and guidance and to be a better parent and handle things more calmly. Smiling at Larkin's eager face, I sent it on its way.

The next few days we spent labeling, boxing and discarding the remainder of our physical lives. Gloom hovered over the house, threatening to swallow what was left of us.

So far, there was no buyer in sight, and the IRS sent a more serious demand. My son needed surgery and was devastated at his inability to help with the physical demands of moving. He was on painkillers and slept most of the day. Meanwhile, the doctor's office fought with the camp's insurance company to authorize surgery.

One afternoon, I took the youngest four to the roller rink to let off steam and keep a semblance of normalcy in our lives. As I skated round and round, the usual routine failed to soothe me. Details of everything that needed handling circled mercilessly in my head. To my embarrassment, tears burned behind my eyes, threatening to spill. Fear, fatigue, being overwhelmed and the unrelenting summer heat chewed at me.

The rink's air conditioner was broken that day and the owner skated past me, throwing open the back doors to allow the breeze inside before we all melted. A wave of warm air rushed past me, and then I saw it. Floating straight toward me was a wish seed. It settled, trembling, into the hand I reached out.

The most amazing sense of absurdity washed over me. What was this? God was rejecting my wish, too? Had he finally grown sick of all my griping and complaining? I began to giggle. Waves of giggles

通常对着它许愿,然后用力把它吹出去。传说如果这种子能飞得很远的话(没人知道到底要飞多远),许下的愿望就会实现的。我漫不经心拿起种子,默默地向上苍祈祷:请赐给我耐心和安宁吧;请指引我做一个好母亲;请告诉我如何更加冷静地处理各种问题。看着拉尔金充满渴望的眼神,我微笑着把许愿种子吹了出去。

接下来又是几天,我们忙于贴标签、打包,打发我们的余生。晦气笼罩着整个房子,好像要把我们所剩吞噬下去。

到目前为止,房子还没有买主。国税署又送来了加急的催款书。儿子身体欲动而不能,他急需手术方能解除痛苦。现在他只能靠吃止痛片,而且大部分时间躺在床上。这时,医院方面也在努力与营地保险公司交涉,以期获得保险金。

有一天晚上,我带着最小的4个孩子去溜冰,想借此来转移视线,宣泄怨气,好恢复我们生活的常态。我滑过一圈又一圈,可是这种常规性“武器”已不具杀伤力。眼下这些棘手的问题像打翻的五味瓶,酸甜苦辣一股脑涌上心头,折磨着我。不争气的泪水也溢满眼眶,忍不住落下。种种担忧、疲劳淹没了我,夏日的燥热吞噬了我。

溜冰场里的空调坏了。老板蹬着滑轮从我身边滑过,他想在我们被悲痛、沮丧击溃前,打开后门,放进来些许凉风。这时一股热浪冲了过来,只见一粒许愿种子随风飞来,飘荡着,落在我伸着的手上。

这时荒唐的想法奇妙地闪过我的大脑。这是什么?难道连上苍也要拒绝我的愿望?难道他最终厌烦我的抱怨?我开始傻傻地笑起







pushed out past the tears and sent them spilling down my cheeks. I skated on, clutching the wish seed between two fingers, tears running down my face and laughing. From my children's expressions, it was quite clear how strange I looked. Mom had finally gone around the bend.

Eventually, the giggling stopped and was replaced by a sense of complete calm. That serene feeling remained when we left the rink, and lingered for days. For the first time since life had begun unraveling, I was able to handle things without a constant undercurrent of panic.

Of course, none of the problems magically disappeared. However, things began to fall smoothly into place.

My son's surgery was, after all, covered by the camp's insurance, and went off successfully.

The district attorney recovered the year's back support owed by the children's father, allowing me to pay the mortgage and send the IRS the first of many payments.

My sister paid back an old loan.

Two checks arrived for articles that I had sold months back. And so it went. The more I stopped obsessing, the more smoothly events transpired.

On my desk today, I have a framed piece of white paper, on which is affixed a single wish seed. For those who ask, I just say it was the first time that God sent me a return receipt for a prayer.

*Lizanne Southgate*

来,一阵阵的笑声把泪水给带了出来,洒满了脸颊。我继续滑着,把那粒希望的种子夹在两根手指间,笑得泪流满面。在孩子们的眼里,我那时的样子是多么奇怪。妈妈最后发疯了。

笑声终于停止了。这时四周一片寂静,那种平静的感觉,一直持续到我们离开溜冰场,并保持了好多天。自从生活失控以来,我第一次这样心平气和地处理问题。

当然,问题不会魔术般自动消失,凡事都要按部就班地进行。

我儿子的膝盖最终因获得保险而成功地手术了,并且恢复得很快。

地方法院也帮着追回了孩子父亲应付的一年的抚养费。这使我可以支付国税署第一笔赎金。

我姐姐还了旧债。

我收到了几个月前所发表的几篇文章的稿费,这也派上了用场。我终于发现我越是停止抱怨,事情进展得越顺利。

今天我在桌子上放着一张带边框的白纸,上面粘着一粒许愿的种子。若有人问起,我就会回答说:那是上苍赐我的一张应验祈祷的契据。

朱耀武 译





## Life's Final Pieces



*A loving heart is always young.*

French Proverb

When I was first diagnosed with multiple sclerosis, the customary treatment was to be hospitalized for a series of intravenous injections. Once admitted to the hospital, I was connected by a long rubber tube that ran from the needle inserted in my veins to the large steel IV pole. This pole was on wheels, and I was allowed to walk the hospital halls for exercise, taking my bulky paraphernalia with me. (I teasingly named the pole Oliver.)

As the mother of five small children, I found these hospital stays to be a terribly lonely time. I was worried that I might not be around to see my offspring grow up, and daily I prayed that especially the younger ones might remember me if I wasn't. I hated the idea of anyone else raising them.

Almost every morning, I stayed in my room and wrote my feelings for my children in a journal. I wanted to record all my emotions, to tell them in my own words how much I loved them. The rest of the day I usually slipped my housecoat on and pushed Oliver up and down the long corridors, looking for someone, anyone, who wanted to talk. Often I went into the other patients' rooms, and left feeling better, usually having made a new friend. Quite often after seeing firsthand some of their medical problems, my own seemed trite in comparison.

## 生命的底牌

爱心能焕发青春。

法国谚语

我第一次被诊断为多发性硬化症的时候,接受的常规治疗就是住院进行连续静脉注射。一住进医院,一根长长的橡皮管把我和一根挂输液瓶的粗铁杆连接起来。一端是扎入我静脉的针,另一端则是挂点滴瓶的粗铁杆。这根铁杆的下端还装有轮子,我可以带着这一庞然大物在医院的大厅里转悠(我戏称它为“铁杆保镖”)。

作为5个孩子的母亲,我发现躺在医院里特别孤独。整天要为孩子们的成长牵肠挂肚。每天我都祈祷要是我不在了的话,那些小一点的孩子们会思念我。我不想让我的孩子寄养给别人。

几乎每天早晨,我都在病房里写日志,记下我对孩子们的思念,记下我对他们全部的爱。借此想告诉他们我是多么爱他们。剩下的时间,我通常会披上家居袍,推着我那铁杆保镖在长廊里走来走去,寻找可以聊天的同伴。我经常 would 走进别的病房,交上一个新朋友,离开后,心情感觉良好。经常亲眼看到一些重病号,我觉得自己的病简直是小巫见大巫。

